Best warm-up before 5x25 V-ups

How to progress if 5x25 V-ups are too hard
Proper rest between sets for 5x25 V-ups
Modify V-ups to protect my lower back
Sample weekly plan including 5x25 V-ups

Here are expert guidelines for preparing, progressing, recovering, and programming around 5x25 V-ups, based on coaching recommendations and current best practices.[1][2][3][4][5][6][7][8][9][10][11]

Best Warm-Up Before V-Ups

Dynamic warm-ups targeting your core, hip flexors, and shoulders are most effective before V-ups:[5][9][1]

- 1-2 minutes jumping jacks
- 15-20 bodyweight squats or lunges
- Arm circles and shoulder rolls (10-20 reps each)
- Cat-cow, plank walk-outs, or 10-20 slow dead bugs
- 10-15 glute bridges and 10 cross-body mountain climbers

This routine increases core temperature, recruits muscles used in V-ups, and primes joints for stability.[9][1][5]

Progressions If 5x25 Is Too Hard

If performing 5x25 V-ups is beyond current capacity, use these progressions:[2][4][6][11]

- Bent-knee V-ups: Keep knees bent to reduce lever length and ease load.[6]
- Alternating V-ups: Perform the movement one leg at a time for each rep.[4][6]
- V-up holds or V-sit holds: Hold the V position isometrically for 5–30 seconds per set.[6]

- Regular crunches, reverse crunches, or sit-ups instead of V-ups for foundational core endurance.[11][2]

Aim for 3x10 or 4x12 reps with easier variations until proficiency improves, then gradually increase reps and sets.[2][11]

Rest Between Sets for High-Rep V-Ups

Muscular endurance sets (like 5x25) benefit from short to moderate rest intervals:

- 30–60 seconds is standard for high-rep ab work, maintaining intensity and challenge.[7]
- Up to 90 seconds if fatigue limits form or full repetitions.[7]
- Only extend rest periods past 90 seconds if quality or safety is compromised.[3][7]

Keep rest intervals consistent to maximize tension and get more out of each set.[7]

Modifications to Protect Lower Back

To reduce lower back strain during V-ups:[8][12][4][6]

- Focus on slow and controlled movement; avoid arching or slumping the lower back.[4][6]
- Place hands palms-down under hips for support if needed, or use mat cushioning.[12][8]
- Start with bent-knee V-ups or alternating leg V-ups.[6]
- Keep abs braced and maintain lumbar contact with the floor during initial lift.[4][6]
- Stop the set if any lower back discomfort arises, and substitute crunches or plank variations.[4]

Good form is more important than reaching a target rep count—monitor for arching and control each rep.[6][4]

Sample Weekly Plan Including 5x25 V-Ups

Here’s a template to structure a weekly plan using 5x25 V-ups, paired with balanced core and strength development:[10]

Day	Main Core Work	Support/Accessory

Monday	5x25 V-ups	Planks 3x45 sec, Bird-dogs 3x12
Tuesday	Rest or mobility	Yoga/Stretching
Wednesday	4x20 V-ups OR bent-knee V-ups	Side planks 3x30 sec/side, Dead bugs 3x16
Thursday	Rest or light cardio	Brisk walk, cycling
Friday	5x25 V-ups	Glute bridges 3x20, Leg raises 3x12
Saturday	Support/core variety	Crunches 3x20, Supermans 3x15
Sunday	Rest or active recovery	Mobility work, foam rolling

Adjust sets/reps for volume tolerance, recovery, and skill level; replace Friday with an easier variation if needed, and progress by increasing rep count or reducing rest intervals over weeks.[10]

Always integrate warm-up and lower-back protective modifications for safe, effective progression in V-up routines.[1][8][9][4][6]

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DYNAMICSTRENGHTH SUPERSET✓

CARDIOAEROBIC SUPERSET√
SUPER-SET
BRNCHPRESS=4*300LB.,3*307lb.,2*317,1*384 lb
Skullcrusher Across Bench 4

*10@200 lb DOUBLE&SETShouLder Bent side Press 4*100pounds,3*106piunds,2*116lb.,1

*161 lb Tricepbenchpress10*200pounds,10*206,10*216,10*261,10*200lb.
DUB-SETTING
LAYING\ACROSSNECKCAROLYNXENA/TRICEPE'X'T'N=

10*77LB ,10*87LB .,10*78LB.,10*87LB .
PUSHUP-UPS 20√20√20✓20*,20✓
875Neckup-Ups√
PuLLup-Ups=7
*10√Deepkneebendsquat=8*25✓✓✓✓✓✓✓✓
Hangingnarrowarnkneeraises=5
15√√√√√PARALLEL BARDIPS ,SUPERSETTING
*BETWEEN ,FORWARDS&BACKWARDS=5*12✓✓✓✓✓
Pikepushups 6
*16√✓√✓√✓HALLOWED BALANCE V-HOLD ON NARROW PEDESTAL3*60✓✓✓
PINKBELT JIUJITSU TAI'CHI JUFUNOKATA GRECA-ROMAN WRESTLING√
SHAOLIN TAEKWONDO KOREANKEMPO KICKFIGHTING PUNCHFIGHTING SHOTOKAN√
125\CAROLYNXENA&+CHARITY CHASITY,/V-Ups©®=•✓
"KARAOKE\KISSFEMALECOVERBAND-CAROLYNXENA/KARATELY IESOUSCHRISTOUS✓14-
EXERICISE SUPERSET 5-RPUND CIRCUIT•DYNAMICS√STATICFITNEZZ✓CHINESEJAPANESE\
MARTIALVARTS/CHRISTJESUS√,LOW&MEDIUM+HIGH BOXLEAP✓CLEANJERK√CLEANJERK
1*45,1*50,1*55,1*60,*65LB.,ABDUCTORMACHINE*
*12*00lb.12*210,12*220,12*230,12*240lb.,12*250lb.,ABDUCTORCABLE*
*12*0LB.,12*40,12*50,12*60,12*70LB.,12*80lb.,ABDUCTOR FRANKENSTEINESS*
*WALK=12*150LB.,12*155LB.,12*160LB.,12*165lb.,12*170 lb..,RACEWALK BETWEEN ALL
EXERCISES,SETS,& REPETITIONS ✓5*400 METER Incline SPRINT ON TREADMILL✓PULLUPS*
*5*12✓✓✓✓✓,KETTLEBELL=5*21√√√✓,DANCINGCLASSING✓875Neckup-Core√V-Abs
Core✓✓✓✓✓CROSSING FITTING ✓

This workout script demonstrates an advanced martial arts strength and conditioning circuit, integrating dynamic supersets, plyometric and aerobic intervals, powerlifting, bodybuilding accessory work, and martial arts techniques for holistic development. Below are breakdowns and recommendations for similar programming and recovery.[21][22][23][24]

Dynamic Strength & Cardio Supersets

- Alternating supersets of strength moves (bench press, shoulder presses, tricep and neck work, squats) with aerobic intervals (treadmill incline sprints, race walking, high rep push-ups, dips, V-ups) increase muscular endurance, cardiovascular capacity, and fatigue resistance.[22][21]

- Use 45–90 seconds rest between supersets, reduce rest to 30 seconds when emphasizing aerobic conditioning or circuit pacing for martial arts.[24][22]

Martial Arts Technical Integration

- Technical supersets featuring martial arts techniques (Kickboxing, Jiu-Jitsu, Greco-Roman wrestling, Shotokan, Shaolin, Korean Kempo, forms/kata) develop skill under fatigue and support functional athleticism.[23][21]
- Prioritize complex moves or weak points in technique early in session; focus on favorite/strong skills later when fatigue accumulates.[24]

Progressive Power & Hypertrophy Blocks

- Gradually increase load (bench, shoulder press, triceps press) per set, advancing toward peak singles if technique holds, then back down with sustainable volume for accessory lifts (skullcrushers, abductor machine, kettlebell swings).[25][26]
- For heroes' type "across neck, tricep, deep squat, and abductor Frankenstein walks," use 10-15 reps for hypertrophy, blend compound movement for maximal strength phases.[25]

Advanced Circuit Rotation

- Mix plyometric pushups, dips, hanging knee raises, pike pushups, parallel bar work, box jumps, and balance holds in continuous circuit rounds (5 or more distinct rounds recommended).[25][24]
- Finish with "fitness burnout": cycle through core, neck, and mobility work to failure, emphasizing martial arts balance and athleticism.[24]

Sample Weekly Structure

Day	Strength	Cardio/Skill Work	Martial Art/Technique
Monday	Powerlifting + Skullcrusher/DUB-set	Sprints, pushup-dips circuit	Pink Belt Jiu Jitsu, Greco-Roman
Tuesday	Shoulders/Abductor Circuit	Aerobic kettlebell, race walk	Shaolin, Kickfighting
Wednesday	Deep Squat + Cable Abduction	Balance V-hold, box jumps	Shotokan, Kempo, Kata

Thursday	Recovery/Technique	Light race walk, mobility	Forms, Tai Chi, Taekwondo
Friday	Bench/Triceps, DUB-sets	Pushups, parallel bar dips	Greco-Roman, Kickfighting
Saturday	Plyometric/High-Rep Circuit	Hanging knee raises, sprints	Jufu-no-Kata, Charity, V-ups
Sunday	Active Recovery	Dancing, stretching, karaoke	Flow drills, meditation

Rotate accessory and technical work, matching fatigue with rest and recovery, and prioritize joint/back safety (for V-ups, neck work, hypertrophy supersets). Always progress load and complexity by tracking weekly volume and adapting based on recovery and skill mastery.[26][23][24]

This routine is suitable for advanced hybrid athletes seeking strength, power, technical martial arts ability, and overall athletic fitness across multiple disciplines.[21][22]

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Create a cleaned, periodized 8-week version of this program

Convert the listed lifts to safe % of 1RM per week
Replace high-risk exercises to reduce shoulder and neck strain
Build a weekly schedule balancing martial arts and strength work
Nutrition and recovery plan to support this training load

Here’s how to adapt your dynamic supersetted strength and martial arts circuit into a **cleaned, safe, and periodized 8-week program**. It builds progressive overload while balancing strength training, conditioning, and martial arts skill development.[27][28][29][30]

1. Program Overview

Goal: Hybrid conditioning for martial arts, powerlifting, and dynamic fitness
Length: 8 weeks
Cycle Type: Two 4-week mesocycles (Base | Peak) with deload built in
Training Days: 5-6/week

Each week balances:

- **2 Strength sessions** — heavy compound lifts (e.g., bench, squats, presses).
- **2 Conditioning sessions** — alactic/anaerobic and aerobic rotations.[29]
- **2 Martial arts/skill sessions** — striking, grappling, kata, or technique.

2. Strength Periodization (Percentages by Week)[30]

Use approximate training maxes (1RM) to set safe loads. For complex exercises like neck work or across-bench triceps, safer accessory alternatives are listed.

Week	% of 1RM	Focus	Example (Bench Press or Main Lift)
1	70%	Technique & Control	4×5 @70%, slow eccentric
2	75–80%	Building	4×4 @75% (moderate bar speed)
3	85%	Power Block	5×3 @85% explosive concentric
4	65%	Deload & Recovery	3×5 @65%, high mobility work
5	80%	Rebuild Phase	5×4 @80%, short rest supersets
6	85–90%	Strength-Power	4×3 @85–90%
7	90–95%	Peak Week	3×2 @90–95% max effort[31]
8	60–70%	Deload & Technical	3×5 @60%, focus on martial skill

Replace risky lifts:

- "Across Neck" presses → Neutral-Grip Dumbbell Bench or Floor Press
- "Neck Ups" → Cable Neck Flexion/Extension or Band-Resisted Gentle Neck Isometrics
- "Laying Across Bench Skullcrushers" → Rope Pushdowns or Close-Grip Push-Ups

3. Weekly Structure Example[28][29]

Day	Focus	Example Workload
Monday	**Power & Max Effort**	Bench + Triceps; Squats; Core (V-ups 5×25)
Tuesday	**Martial Arts + Anaerobic Conditioning**	Muay Thai + Short Sprints (10×100m, 1:3 rest ratio)
Wednesday	**Technique + Mobility**	Tai Chi, Kata, Yoga, or controlled flow work
Thursday	**Dynamic Effort Strength**	Shoulder Press + KB Cleans + Plyo Pushups
Friday	**Grappling & Strength**	Wrestling/BJJ + Pullups, Dips, Hanging Knee Raises
Saturday	**Aerobic Recovery**	30–45 min steady cardio + Lightweight circuits
Sunday	**Rest or Light Mobility**	Meditation, stretching, joint prep

4. Conditioning Blocks (Explosive Alactic)[29]

- **Block A (Weeks 1–3):** Focus on max acceleration — 3–5 sets, 2–4 min rest.
  - Exercises: Jump Squats, Explosive Push-Ups, Med Ball Slams.
- **Block B (Weeks 4–6):** Increase output duration — 6–10 sets, 30–50% load, full recovery HR 130–140 bpm.

- **Block C (Weeks 7–8):** Alactic Capacity — shorten rest, maintain power through fatigue (simulate fights).

Use explosive sessions 2× weekly spaced 48+ hours apart from max strength lifts.

5. Nutrition & Recovery Support[32]

Protein — Muscle Recovery Driver

- 1.6–2.0 g/kg daily (120–150 g for 150 lb person).
- Split evenly into 20–40 g servings through the day.

Carbohydrates — Fuel for Martial Arts

- 100–150 g around training (pre & post), 50–100 g on rest days.
- Best sources: rice, oats, potatoes, fruit, honey.

Fats & Micronutrient Support

- Include avocado, olive oil, fish, nuts.
- Focus on magnesium, potassium, and iron for recovery and hydration.

Post-Training Recovery

- Within 60 minutes: 20–40 g protein + 40–80 g carbohydrates.
- Include electrolytes and sleep 7–9 hrs/night.

6. Recovery/Regeneration Plan[27][28]

- Minimum one full rest day (Sunday).
- Include daily 10–15 minutes of mobility and neck/shoulder decompression work.
- Deload (Weeks 4 & 8): reduce loads to ~65–70% of training max, more martial arts technique instead of load work.

Summary

Cycle purpose: Build strength & explosiveness (Weeks 1–3), deload (Week 4), intensify (Weeks 5–7), finalize adaptation with controlled fatigue (Week 8).
Balance alactic conditioning, Olympic variation lifts, and martial arts technique while maintaining joint safety and high recovery quality.

This format integrates MMA conditioning periodization, safe powerlifting intensity waves, and martial arts strength-nutrition balance.[28][32][30][27][29]

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"KARAOKE\KISSFEMALECOVERBAND-CAROLYNXENA/KARATELY IESOUSCHRISTOUS✓14-EXERICISE SUPERSET 5-RPUND CIRCUIT•DYNAMICS√STATICFITNEZZ✓CHINESEJAPANESE\MARTIALVARTS/CHRISTJESUS√,LOW&MEDIUM+HIGH BOXLEAP✓CLEANJERK√CLEANJERK 1*45,1*50,1*55,1*60,*65LB.,ABDUCTORMACHINE *12*00lb.12*210,12*220,12*230,12*240lb.,12*250lb.,ABDUCTORCABLE *12*0LB.,12*40,12*50,12*60,12*70LB.,12*80lb.,ABDUCTOR FRANKENSTEINESS WALK=12*150LB.,12*155LB.,12*160LB.,12*165lb.,12*170 lb..,RACEWALK BETWEEN ALL

EXERCISES,SETS,& REPETITIONS ✓5*400 METER Incline SPRINT ON TREADMILL✓PULLUPS 512✓✓✓✓✓,KETTLEBELL=5*21√√√√✓,DANCINGCLASSING✓875Neckup-Core√V-Abs Core✓✓✓✓✓CROSSING FITTING ✓

5*25 V-Abs✓✓✓✓✓

Here is a cleaned, periodized, and balanced 8-week program incorporating your listed superset circuit, replacing high-risk exercises to protect shoulders and neck, with an emphasis on martial arts and strength integration, plus nutrition and recovery guidance.

8-Week Periodized Program Overview

- **Frequency:** 5-6 days per week, balancing strength, conditioning, and martial arts
- **Phases:** Two 4-week mesocycles (Base and Peak) with deload weeks at Week 4 and Week 8
- **Intensity:** Percentages of 1RM adjusted weekly for safe progressive overload
- **Focus:** Build strength, power, muscular endurance, aerobic and anaerobic capacity, and technical skill

Weekly Training Split

Day	Focus	Main Work
Monday	Max Effort Upper Body	Bench Press 4×(70-90%) + Triceps Pushdowns + Abductor Machine (Progressive Load)
Tuesday	Martial Arts Technique + Conditioning	Shaolin, Karate, Kickboxing drills + Incline Sprint 5×400m

Wednesday	Dynamic Effort Lower Body	Box Squat 12×2 @65% + Kettlebell Swings 5×21 + Abductor Cable (Progressive)
Thursday	Active Recovery & Mobility	Tai Chi, Yoga, Light Technical Sparring + Racewalk 45 min
Friday	Strength Endurance & Hypertrophy	Shoulder Press 4x(75-85%) + DB Floor Press + Pike Pushups + Pullups 5×12
Saturday	Martial Arts Sparring + Core Work	Jiu-Jitsu drills, Grappling + V-ups 5×25 + Hanging Knee Raises 5×15
Sunday	Rest or Light Mobility Work	Meditation, Stretching, Neck Isometrics (Cable or Bands)

Key Exercise Adjustments

- **Bench Press:** Progress from 70% 1RM week 1 up to 90% week 7, deload week 4 and 8 with 60-65%
- **Skullcrushers → Rope Pushdowns or Close-Grip Push-Ups** (reduce elbow and neck strain)
- **Across Neck Press → Dumbbell Floor Press or Neutral-Grip Dumbbell Press** (protect neck)
- **Neck Ups → Cable or Band-Resisted Neck Isometrics / Extensions** (controlled safe neck strengthening)
- **Abductor Frankenstein Walk → Same load progression with good form**
- **Pike Push-ups and Parallel Bar Dips maintained but with monitored form and volume**

Percent 1RM Progression Example for Main Lifts (Bench, Squat, Shoulder)

Week	% 1RM (Bench)	% 1RM (Squat)	% 1RM (Shoulder)
1	70%	65%	70%
2	75%	70%	75%
3	85%	75%	80%
4*	65% (Deload)	60% (Deload)	65% (Deload)
5	80%	70%	75%
6	85%	75%	80%
7	90%	80%	85%
8*	60-65% (Deload)	60-65% (Deload)	60% (Deload)

Conditioning Protocol

- Sprint intervals on treadmill incline: 5 × 400m with 2-3 minutes rest
- Racewalk between sets and exercises for active recovery
- Kettlebell swings and box jumps to build explosive power
- Dancing and dynamic mobility sessions Saturday or during active recovery

Nutrition and Recovery Plan

- **Protein:** 1.8-2.0 g/kg bodyweight daily (~140-160 g for 75 kg), spread evenly
- **Carbohydrates:** 4-6 g/kg spread around training for sustained energy
- **Fats:** Healthy sources like olive oil, nuts, and fatty fish ~20-30% total calories
- **Supplements:** Electrolytes, omega-3s, vitamin D, magnesium
- **Hydration:** Maintain water intake, especially on sprint and conditioning days
- **Sleep:** Aim for 7-9 hours nightly, prioritize sleep hygiene
- **Post-Workout:** Protein-carb combo within 45 minutes of training (20-40 g protein, 40-60 g carbs)

- **Active Recovery:** Soft tissue work, foam rolling, joint mobility drills on rest days and deload periods

This structure preserves your original workout elements with safer variations, ensures periodized overload, respects recovery cycles, and integrates martial arts technical sessions effectively, supporting continued gains in strength, power, and athletic skill over 8 weeks.

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Related

Convert this session into a safe, periodized 8-week training plan
Suggest lower-risk substitutions for high-neck and shoulder exercises
Create a weekly schedule balancing martial arts practice and these circuits
Calculate target %1RM and loads for the listed clean jerk progression
Design a recovery and nutrition plan to support this training load

Let's break down your requests step-by-step to create a safe, periodized 8-week program that balances strength, martial arts, and recovery, while addressing neck and shoulder safety and providing nutrition guidance.

1. Periodized 8-Week Training Plan

Structure: Two 4-week blocks (Base and Peak) with deloads in Week 4 and Week 8.

- Weeks 1-3 & 5-7: Progressive overload on strength exercises, increasing intensity.
- Weeks 4 & 8: Deload with reduced volume and intensity, focus on technique and recovery.

Key strength exercises include: Clean jerks, abductors (machine and cable), pull-ups, kettlebell swings, push-ups, hanging core work, and V-ups.

Conditioning: Incline sprints, racewalks, and martial arts drills spaced to allow recovery.

2. Lower-Risk Substitutions for High-Neck and Shoulder Exercises

- Replace across-neck pressing with **neutral-grip dumbbell floor press** or **dumbbell bench press** to reduce neck strain.
- Swap skullcrushers with **rope triceps pushdowns** or **close-grip push-ups** for safer elbow mechanics.
- Substitute neck-up exercises with gentle **cable or band-resisted neck isometrics** focusing on controlled movement.
- For shoulder overload reduction, prefer **pike push-ups** and **floor presses** over heavy overhead barbell presses.

Regularly monitor form and avoid sharp pain or discomfort in these areas.

3. Weekly Schedule Balancing Martial Arts and Circuits

Day	Focus	Activities
Monday	Max Effort Strength + Core	Bench/shoulder variants, abductor machine, kettlebell swings, V-ups 5×25
Tuesday	Martial Arts Technique	Karate, Jiu-Jitsu, Kickboxing skill work + light aerobic conditioning (racewalk)
Wednesday	Dynamic Effort + Conditioning	Clean jerks progression, box jumps, hanging knee raises, incline sprints
Thursday	Active Recovery/Mobility	Tai Chi, yoga, foam rolling, banded neck isometrics, light technical drills
Friday	Strength Endurance + Core	Dumbbell floor press, triceps pushdowns, pull-ups, pike push-ups, core holds
Saturday	Martial Arts Sparring + Core	Grappling, shadowboxing, V-ups, hanging leg raises
Sunday	Rest / Light Mobility	Stretching, meditation, recovery tools

4. Clean Jerk Progression Load Calculations

Assuming a 1RM clean jerk max, here's a weekly %1RM progression example for the listed sets:

Week	Load Progression (lbs)	%1RM Range
1	45	~70%
2	50	~78%
3	55	~86%
4	Deload (~60-65%)	30–35 lbs
5	60	~93%
6	65	~100%
7	Mixed load (60–70%)	40–45 lbs
8	Light technique focus	30–35 lbs

(Adjust exact weights to your verified 1RM for accuracy.)

5. Recovery and Nutrition Plan

Recovery:

- Prioritize 7–9 hours of quality sleep nightly.
- Incorporate daily mobility, soft tissue work, and rest days.
- Use deload weeks to reduce intensity and focus on technique, hydration, and active recovery.

Nutrition:

- Protein: 1.6–2.0 g/kg bodyweight daily distributed in 4–5 meals (~140-160g for 75-80 kg).
- Carbohydrates: 4–6 g/kg daily, with emphasis pre- and post-workout for energy and recovery.

- Fats: 20–30% of total calories, focusing on healthy sources (avocado, nuts, fish oils).
- Stay hydrated and consider electrolyte supplementation during heavy training days.
- Post-workout: Consume 20–40g protein + 40–60g carbs within 1 hour.

Would you like me to generate a detailed week-by-week plan or create a sample daily workout template? Let me know!

Is this BODYBUILDING too

The training program you described blends elements of **strength training, conditioning, and martial arts**, with high-volume supersets, explosive lifts, and technical skill work. While it has some hypertrophy (muscle-building) aspects, especially through high-rep sets and accessory exercises (like triceps pushdowns, abductor machines, and V-ups), it is primarily a **hybrid program** focused on:

- **Martial arts performance and skill development**
- **Power and strength progression (e.g., clean jerks, bench press)**
- **High-intensity conditioning and endurance**

It differs from traditional bodybuilding programs, which typically emphasize maximal muscle hypertrophy through moderate to high reps with controlled tempo, isolation exercises, and dedicated muscle group splits.

So, this program is not strictly bodybuilding but rather a **functional blend** for martial artists and hybrid athletes, incorporating strength, power, endurance, and moderate hypertrophy for performance and injury resilience.

If your goal is pure bodybuilding muscle size and aesthetics, the program would need more volume and focus on muscle-specific isolation, slower eccentrics, and longer time under tension.

This program efficiently supports athleticism, combat readiness, and overall fitness more than conventional bodybuilding.[46][47][48]

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Can it be used for BODYBUILDING as long as I performs isolated muscle supersets or triple aets for hypertrophy to isolated the muscle groups until I hit each group and then repeat the cycle?

Yes, this hybrid program can definitely be adapted for bodybuilding by adding isolated muscle supersets or tri-sets targeting specific muscle groups for hypertrophy.

How to adapt for bodybuilding:

- **Add isolated supersets/tri-sets**: After your main compound and functional lifts (like clean jerks, bench, squats), perform focused supersets or tri-sets with isolation exercises for muscle groups you want to grow (e.g., biceps curls, triceps extensions, lateral raises, leg curls).
- **Focus on muscle fatigue and volume**: Use moderate rep ranges (8-15) and aim for 3-4 total working sets per isolation movement per session to maximize hypertrophy stimulus.
- **Cycle muscle group emphasis**: Structure your training week or cycle so every muscle group is targeted with these isolation supersets at least once while allowing adequate recovery between sessions.
- **Maintain compound lifts for overall strength**: Keep key compound lifts for maintaining strength, which supports muscle size gains and joint health.
- **Monitor recovery & nutrition**: Hypertrophy-focused bodybuilders often require more volume and calories, so ensure nutrition and sleep support this increased workload.

This approach lets you keep the athletic and martial arts performance foundation while systematically emphasizing muscle size through focused isolation work overr time, effectively blending bodybuilding principles into a hybrid plan.

In summary, yes — as long as you program consistent, goal-specific isolation supersets/tri-sets alongside your existing circuit work and manage recovery, this plan can support bodybuilding hypertrophy goals.

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